

**DAILY DIET HINTS**By DR. T. J. ALLEN  
Food Specialist.**CORN MEAL LAXATIVE.**

Corn contains, as each of the unbolts cereals does, all the elements of nutrition in nearly the same proportion as they exist in the solids of the body. Corn meal is the proteid part of the grain as nearly as it can be produced by the mechanical process of milling; the oil, which exists in larger percentage in corn than in the other cereals, being eliminated with the greater part of the starch and the germ. Corn starch, in common with all cereal starches, is not easily digested, even when well cooked, and whole corn has a tendency to mass in small dough balls like those of fresh white bread. But although corn meal bread or mush is imperfectly digested, its granular character makes it cleansing like whole cereal bread. Corn meal should be baked slowly, preferably in a fireless cooker. Green corn requires little cooking and should be prepared in the fireless cooker after a few minutes' steaming.

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**MARSHALL REPUBLICAN**

Published every Friday and entered in the post office at Marshall, Mo., as second-class mail matter.

Terms: \$1.00 per year in advance.

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The National G. A. R. Encampment will be held at Salt Lake City from Aug. 9th, to 14th. J. A. Dennis of east of Marshall, rural route No. 5, expects to go and would like to hear from other Saline countians who expect to attend.

In making a comparison of last week's issue of the Republican and the paper that claims that all our news is taken from its columns, we find that the other paper recorded three deaths in Saline county last week while the Republican recorded eleven. This does not include the deaths recorded in the county items, in which we also more than held our own. A death is a very important event and we simply use this as an illustration showing the thorough way in which this paper gathers its news.

Three Saline county men who two years ago purchased a Texas farm of 300 acres at \$40 an acre have sold it for \$80, making a profit of \$12,000 on the sale. Adding to it a profit of \$20,000 on this year's crop they are more than \$30,000 to the good. We are pledged not to give their names nor particulars, so want no questions asked us. It is a remarkable showing and indicates that there is still some money to be made in intelligent farming. They have purchased on a larger scale.

It was Mayor Crittenden of Kansas City who wanted the Democrats of the senate to accept a home rule bill providing for appointment by the mayor of the boards in the cities, but it was also the mayor of Kansas City who balked when the Republicans proposed to make the home rule apply to his town only after the election of next year. Then he tried to get the voters of his city to vote the Republican board members out of authority over the saloons. Having failed in that scheme we wait in wonder for his next desperate move.

The staid old Senate gave the House of Representatives a bill for tariff purposes which had passed through all the stages of senatorial dignity, courtesy and inactivity. The senators took their time to fix it and Uncle Joe Cannon and his boys in the House have not hesitated to take out of it what is not pleasing to them. The tariff bill will be like a quilt pieced at a woman's social gathering, but it will be warm enough to keep the American wage earners comfortable. That's a plenty.

Unfortunately the Republican waste of the public money, the multiplication of unnecessary offices, the atrocities of the robber tariff, the centralization of power in Washington and some other Republican sins which the Democratic platform of 1876 touched sharply continue to be issues that are still very much alive. The Democrat-

**Fifty Thousand Dollars at Five Per Cent Interest.**

I have this amount of money to loan, at five per cent interest, and will permit you to pay any part or all of the principal debt semi-annually.

If you want to make a new loan or renew an old one, come and see me. I can accommodate you.

I have customers who wish to buy farms in Saline county. If you have one for sale, let me know about it and I will find you a buyer.

Room No. 220, MARSHALL BUILDING, MARSHALL, MISSOURI.

**ABIEL LEONARD,****DEATHS**

(Deaths continued from page 3)

ic party must push them to the front in next year's Congressional elections. Turn the rascals out.—St. Louis Republic.

The atrocities referred to and other Republican sins are not so alarming to the public as the Republic may think. The Republic might well have omitted all but the last sentence and added a few words to make it read, "turn the rascals out, so that we can get in."

Geo. Buckner, who has been employed at Ed. Gerhards near Malta Bend the past month, was arrested last Thursday morning at 10 a. m. while at work and brought to jail here. At 11 a. m. Saturday he was released. He was arrested on suspicion of being implicated in a murder at Warsaw, but says the different persons who called to identify him said a mistake had been made in the person arrested.

After being released Mr. Buckner called on a number of our citizens to state his case "for the good of the community." He also called on the editor of this paper with a request to publish his statement, as he not only felt imposed upon himself but believes the tax-payers are likewise imposed upon. We found him a very intelligent man and sensitive to an injustice or imposition.

He says the numerous arrests "on suspicion" are very advantageous to the sheriff who gets mileage in going after a prisoner and also 50c per day for boarding the prisoner or suspect. The mileage is so high that he is encouraged to make mistakes and likewise the board is very profitable. He described his meals as consisting of—breakfast, 2 or 3 biscuits, small piece of meat and coffee; dinner, meat, bread and coffee; supper, bread and molasses.

While we have neither heard nor saw cause for complaint against our sheriff the laws which permit such errors are not right. In case of a mistake being made, the sheriff's fees ought to be cut down at least one-half; while a prisoner is only a suspect he ought to be fed and treated properly, if found to be the wrong person he ought to be sent home instead of being compelled to walk home twenty miles, as in this case, without food.

Sheriff Haynie said he received instructions from Warsaw to arrest Mr. Buckner and if a mistake was made it was not on his part.

Prisoners serving time ought to be made to work on the roads or do other public work and thus made to earn their way. It would serve the double purpose of cutting the expense and of reducing the number of prisoners.

**Ringling Bros. Circus**

The big circus came in over the Mo. Pacific railway Saturday a little late on account of the round about route they were compelled to take. The show was a surprise to our people in its size and equipment. The procession in the parade was about three miles long and the best ever given here and likewise the performance was no doubt the best ever seen here. The trained animals—elephants, horses, pigs, etc.—were remarkable and well worth while seeing at considerable expense.

The attendance was only fairly good. There were a great many young people in town, but the percent of farmers was very small. The merits of the show deserved a better crowd. Everything was first class and orderly, so that all could attend with a clear conscience.

MRS. ALEX HORD died suddenly Friday morning, July 16th, at her home in Blackburn, aged 75 years. She was found dead in bed when one of the family went to call her for breakfast. Mrs. Hord was formerly Miss Sallie Davis and was a pioneer resident of the community. She was a cousin of Mrs. Mary Davis and Mrs. G. E. C. Sharp of this city. Funeral services were conducted at 3 p. m. Saturday by her pastor Rev. Geo. Shanklin, and burial in the Blackburn cemetery.

MARY ANNETTE HAYOB, the little daughter of Mr. and Mrs. A. J. Hayob, of 4 1-2 miles west of town, was called to the better land at 5 a. m. Tuesday, July 20th, after an illness of eight days of inflammation of the bowels, aged 9 months and 20 days. Services were conducted at the residence Wednesday at 9 a. m. by Father Jennings after which the remains were tenderly laid away in Ridge Park cemetery. The sorrowing parents have the community's sympathy.

MRS. MARY K. BENDER, who has been very feeble from the effects of a paralytic stroke received last winter, died at the home of her daughter and son-in-law, Rev. and Mrs. J. E. Abbott, at the Presbyterian Manse on East North St. shortly after midnight Sunday morning.

Mrs. Bender started out Saturday afternoon with Mrs. Abbott to view Ringling Bros.' parade and being anxious to go started down the front steps alone as she had often done. She either made a mistake or received another paralytic stroke as she started and fell to the granite walk, breaking her wrist and receiving some bruises on her face and possibly some internal injuries. Dr. John R. Hall was summoned and did all in his power to relieve her of her sufferings, but she gradually grew weaker until relieved by the Death Angel.

Mrs. Bender was born in Germany in 1842 and came to this country with her parents at the age of 10, residing in Indiana most of the time since. After the marriage of her daughter to Rev. Abbott she made her home with them. She was a fine Christian character and was much loved by her family and her many friends made since she came to Marshall.

Her life was well rounded out and her tasks done, so that as Rev. Eugene Abbott—who preached the funeral sermon at the First Presbyterian church Monday morning—expressed it, her death was "the translation from the trials, cares and sorrows of earth to heaven, where there is rest and peace."

After the services, Rev. and Mrs. J. E. Abbott accompanied the remains to Chrieny, Ind., where they were laid to rest by the side of her husband, Lewis Bender, who preceded her in death.

Mr. and Mrs. J. E. Abbott were very devoted to Mrs. Bender and during her recent illness uncomplainingly looked after her every need and want, which meant many sacrifices on their part.

The pall-bearers were Judge Sam Davis, Jacob VanDyke, N. McK. Myers, Abiel Leonard, J. T. Fisher and Oscar Cochran.

EDDIE STOCKMAN—The little son of Mr. and Mrs. Richard Stockman, died at the home of Fred Stockman in Malta Bend Wednesday morning at 5, after a several week's illness of stomach trouble.

MILDRED SPANGLER, the five-months-old daughter of Mr. and Mrs. Harley Spangler, died Friday afternoon, July 16th, after a two weeks' illness. Funeral services were held at their residence in West Marshall Saturday at 2:30 p. m. after which the remains were taken to their last resting place in Ridge Park cemetery. We extend the bereaved parents our heart-felt sympathy.

SLUSHER—An infant child of Mr. and Mrs. Frank Slusher died at the home of its parents in Malta Bend Tuesday evening, July 20th.

**Committed Suicide**

Mrs. Jas. M. Stookey, residing several miles southeast of Marshall early Saturday morning committed suicide by taking carbolic acid. Her lifeless body was found in an out-house by her husband about 6 a. m. Bad health the past several years is supposed to have caused the rash act. Besides the husband, five sons and two daughters are left to mourn her sad death. She was a splendid lady and her death is a sad blow to her family.

Mrs. Stookey's remains were laid to rest in Ridge Park cemetery Monday morning after services at the Catholic church conducted by Father O'Neil.

**Crops for Overflowed Lands**

Numerous inquiries are reaching the Experiment Station regarding crops for planting on the recently overflowed lands and in order that the information may reach as many farmers as possible the following suggestions have been prepared for publication.

Owing to the lateness of the season it will be impossible with a normal fall to plant corn that will mature unless a very early variety be used such as Pride of the North or Northern Queen and this gotten in by July 20th or 25th. Corn planted the last week in July will make good feed if the season is favorable but will very probably not mature.

Cowpeas can be sown up until the last of July in Central Missouri and make good hay, especially if an early variety like the New Era is used. The Whippoorwill will also make good hay if gotten in by the 20th or 25th. They should be sown with a grain drill at the rate of four or five pecks per acre. They may be broadcasted, but a stand is less sure. They may also be drilled thickly with a corn planter and cultivated, but the hay is not handled so easily when sown in this way. They will make excellent roughage to feed in connection with sorghum or corn fodder.

Sorghum can well be sown up until the last week in July. The Early Amber is best. It may be sown either with a drill or broadcasted at the rate of four or five pecks per acre, or it may be drilled with a corn planter and cultivated. Drilling with a grain drill is preferable for this season of the year. Cowpeas or clover hay should be fed with it.

Millet can, of course, be sown with fair results any time in July. Sown alone it is broadcasted or drilled at the rate of three or four pecks per acre. It may be mixed with cowpeas by broadcasting a half bushel of millet and following with a grain drill sowing a half bushel of cowpeas per acre. A good mixture can thus be secured with reasonably favorable weather. Rape may be sown any time in July. It is best sown broadcasted at the rate of four or five pounds per acre on a seed bed reasonably well prepared and lightly harrowed in. When sown in this way it will make excellent hog or sheep pasture after the middle of September. The Dwarf Essex variety is standard.

Rye or wheat sown during August will make excellent fall and winter pasture if the season is reasonably favorable. They should be drilled rather deep at the rate of 6 pecks per acre.

The Experiment Station will furnish on application a list of seed dealers having the various seeds for sale. M. F. MILLER, Missouri College of Agriculture and Experiment Station, Columbia, Mo.

**Public School Notes**

The law does not authorize the endorsement of a teacher's certificate from another county or state. The Legislature repealed such authority in 1901, and enacted a section prescribing a penalty for issuing certificates except on examination. This is not an opinion of anyone, but the law. The State Superintendent of Public Schools has no authority to grant permission to endorse certificates or to prohibit it. The whole matter is governed by statute.

The ninetieth day after the adjournment of the Legislature falls on Sunday, August 15th. The law providing for county supervision of schools will take effect Monday,

August 16th, and the county superintendents can qualify under it on or after that date by filing a bond, taking the oath and receiving a new commission. The salary of the county superintendent of schools is based on the population of the county.

The convention of county superintendents of public schools will meet in Jefferson City, Tuesday, August 10, 1909. This is Missouri Day, the 88th anniversary of her admission to the Union, an appropriate time to hold an important educational meeting. This convention will continue in session five days. Many prominent educators will be present and join in the discussions.

The new law provides that the county superintendent of schools shall hold an educational meeting "just prior to opening of the schools." It has been suggested that unless conditions make another date preferable, this meeting be held August 25th and 26th. Questions relating to organization, grading and classification of the schools, course of study, records and report should be fully and freely discussed at these meetings.

Unless there are local reasons for the selection of a different date every school in the county should open on the same day. Monday, September 6th, has been named as a suitable date. State Superintendent of Public Schools Howard A. Gass has designated Saturday, September 4th, as "Clean-up Day" for all schools. Boards, patrons, teachers and children are strongly urged to meet at the school house at 9 o'clock a. m. and join in general house and yard cleaning; scour the floors, windows and wood work; put out buildings fences and ground in order and, above all, provide pure, wholesome drinking water. It is a good time for teachers, patrons and pupils to get acquainted.

**Sea Swallowed 2 Mountains**

Washington, July 13.—Juggling two imposing mountain peaks off the map, transforming a bay into a lake and springing into existence two brand new islands, are the astonishing feats of nature discovered in Bering sea by a government party and reported to the treasury department today.

In that stretch of water, with its swiftly moving currents, is the Island of Bogoslof, whose constantly changing conformation has more than once attracted widespread attention.

Perry peak and McCulloch peak, which had heretofore loomed high in the air, had disappeared and the opening of the bay, or lagoon, a pretty spot shown in pictures on file in the treasury department, has closed up, forming a lake of warm salt water of a temperature of about 71 degrees.

The lake is slightly below the sea level and in its center two small islands have sprung up. One of these islands is throwing off a volume of steam.

**A Splendid Record**

The following item is taken from the San Jose, Cal., Mercury. Miss Mabel Allison referred to is a daughter of Capt. W. H. Allison who moved with his family to California several years ago, and a sister of Milton Allison of this city.

"The training class for Sunday school teachers which has been conducted by Miss Sadie Eastwood at the Young Women's Christian Association has completed its year's work most creditably. The past term the study has been along lines of methods and the book used 'The Pupil' by Mrs. Lamoureux. Of those who took the State examination three passed perfect papers, receiving 100 per cent. The ladies were Mrs. H. Jefferson, Mrs. C. M. Richter and Miss Mabel Allison."

**REAL ESTATE TRANSFERS**

G W Newton to Chas W Caldwell part lot 3 block 10 Slater ..... 1900  
E J Covey to G W Newton lot 9, part 8, 10 block, 23 English Add Marshall ..... 625  
Henry L Hall to Benj F Hall a 5 interest in 57 acres in 4, 16-48-22 ..... 200  
L A Buck to Chas Boite part lot 1, 2, block 32, Slater ..... 4000  
Edw A Campbell to John S Johnson 40 acres in 1-52-20 ..... 650  
Fred Kochsmeier to W F Lacy 9 acres in 20-50-23 ..... 2500  
W Diggs et al to T A Hull part lots 2, 3, block 23, all lots 4, 5 block 39 Marshall 1-2 int. ... 21000  
Sally A Nichols to Hugo R. Hennasy 40 acres in 16-50-23 7000

**NELSON**

Quite a crowd from our town attended the circus and reported it excellent. Mrs. N. Chaffee and children accompanied by her sister, came down from Marshall Tuesday and went out to the Bagnell Ranch for a

weeks outing, where Mr. Chaffee has charge of the new Bagnell residence which is now being erected. The crowd of about ten in number stopped at Feis' store and loaded their carry-all with all kinds of good things to eat for the balance of the week.

R. M. Sutherland and daughter of Marshall were on our streets on Tuesday. They were on their way to Blackwater on a visit.

Miss Ada Shuck of Kansas City is the guest of Dr. Shuck and family.

Mrs. Bryant Townsend and son, Lester will leave Sunday for their home at Fresno California.

Mrs. Charley Murphy and Mrs. Maud Marshall were shopping in town Monday.

Miss Annie Townsend returned home Monday after a months vacation spent at Arrow Rock and with a sister in Kansas City.

Little Fay Estha Andres has been quite sick, but is much better at present.

Martha Palmer is confined to her bed with fever and is yet very sick.

Andy Brownlee and mother and her guest Mrs. R. A. Powell of Boonville spent Sunday with Mr. and Mrs. Wade Higginbotham.

Mrs. Will Marshall was in town Tuesday.

Miss Mabel Marshall is in Boonville on a weeks vacation.

Geo. A. Alexander and family of Kansas City are here visiting relatives.

Little Miss Zora Howell is spending several weeks with relatives and friends at Hardeman.

Miss Mabel Marshall entertained last week several of her lady friends at six o'clock dinner. Those present were Misses Mamie and Emily Bell, Riley Wing, Ada Shuck and Marion Staples. They had a jolly good time.

Mrs. W. H. Higginbotham Sr., is able to sit up again after about 2 weeks illness.

Mrs. Frances Hendricks of Hannibal is here visiting relatives.

**MALTA BEND**

F. A. Cox, of Holden, is the guest of his wife and daughter who are spending the summer with Mrs. Cox's parents, Judge Brown and wife.

Mrs. H. C. Ransberger of Mt. Leonard was the guest of her parents last Sunday.

Mrs. M. H. VanAnglen and Miss Edna were Sunday guests of Mrs. Nannie Bailey.

Miss Ruth Slusher returned home Saturday after a few days in Pertie Springs.

Walter Morton and family, Carl Loker and family went to Marshall Saturday to see Ringling Bros.' Show.

A. Glentzer and family moved to Cherryvale Kansas last week. We wish them prosperity in their new home.

S. C. Cole and wife spent a few days with friends near Longwood.

Miss Hazel Smith returned to her home in Sweet Springs last Thursday after an extended visit to her aunt, Mrs. C. O. Walker.

J. J. Wheelon is spending this week in Waverly.

Miss Lola Potter spent a few days with R. C. Potter's this week.

E. L. Cole was in Grand Pass on business the first of the week.

W. B. Ballaw is spending this week at Rockville, Mo. the guest of his sister Mrs. J. T. Powell.

Fred Anderson was in the county seat Monday on business.

Mrs. Martha Jones spent Thursday in Marshall the guest of relatives.

Miss Nettie Frazee spent the week end in Marshall with Mrs. Courtney.

Mrs. Joe Deckard was the guest of her parents the first of the week.

Miss Madey Lacy of Marshall spent a few days of last week with her cousin Mrs. J. A. Stobie.

Walter Meinershagen and wife spent Sunday with relatives near Mt. Leonard.

Misses Gertrude Carter and Irene Houston were in Marshall for a few days last week the guest of Mary Duggins.

Mrs. Oren M. Elliott is very sick at this writing.

Edgar McClelland, of St. Louis was the guest of Judge Samuel Davis and G. W. Newton's this week.

Joe Pittman, of west of town was here Tuesday and reports the loss by flood on his farm northeast of Malta Bend, very heavy. He says his loss is about \$1000. Among his neighbors in the bottom who are heavy losers are Albert Hill, Will Rutherford, Chas. Pittman, Henry Henke, Joe Deckard and Geo Little.

Mrs. James Unruh entertained about fifteen young people at Wilton Springs Monday evening complimentary to her nephew, Howard Beasley, of Fayette, who was their guest last winter while attending our high school.

**Ayer's Hair Vigor**

Ingredients: Sulphur, Glycerin, Quinine, Sodium Chloride, Capsicum, Sage, Alcohol, Water, Perfume.

Anything injurious here? Ask your doctor.  
Anything of merit here? Ask your doctor.  
Will it stop falling hair? Ask your doctor.  
Will it destroy dandruff? Ask your doctor.

**Does not Color the Hair**

J. O. Ayer &amp; Co., Lowell, Mass.